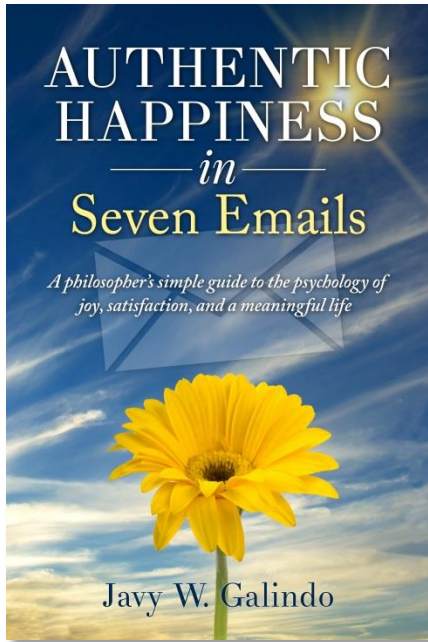


Authentic Happiness in Seven Emails

A philosopher's simple guide to the psychology of joy, satisfaction, and a meaningful life

Written by Professor Javy W. Galindo, author of *The Power of Thinking Differently*.



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After years of pursuing happiness through money, relationships, and material possessions Vickay found herself trapped, unfulfilled, and unhappy. A college course on the psychology of happiness taught by a philosophy instructor piqued her curiosity. On a whim she was inspired to contact the professor for some insights on how to breakout of her rut. His ideas forever changed her approach to finding happiness and started her on a path towards living life more skillfully.

It all began with an email, containing a simple question, asked at the right time: *How can I be happier?*

Authentic Happiness in Seven Emails is the answer to that question. Through these seven emails, the professor shares three key concepts and four critical skills for living a happy life:

- What makes us happy?
- If happiness is a choice, why don't we always choose it?
- What is happiness anyway?
- How can we experience more peace and less negativity?
- How can we experience more joy?
- How can we be more engaged and satisfied with our lives?
- How can we live a meaningful life and rediscover our sense of purpose?

The professor draws on current psychological research to provide practical tools for experiencing consistent, everyday happiness, but he also raises philosophical questions that will have readers discovering their own unique insights on life.

Authentic Happiness in Seven Emails is more than a collection of emails or an introduction to positive psychology. It is an inspirational, thought-provoking guide to the science of happiness and to a life well lived.

"This is a short, quaint, yet powerful book on the pursuit of happiness."

Larry F. Waldman, Ph.D.
Clinical Psychologist



About the Author

Javy Wong Galindo, M.A., M.Eng., is a college professor of philosophy, humanities, and psychology in Northern California. He is a popular instructor at John F. Kennedy University and De Anza College, located in the heart of Silicon Valley. Javy is a proud member of the American Association of Philosophy Teachers, the Society for Asian and Comparative Philosophy, and the Western Positive Psychology Association. This former engineer is also the author of *The Power of Thinking Differently*, a popular text on creativity.

Advance Praise For *Authentic Happiness in Seven Emails*

“What a **beautiful gift**—four simple steps that can end what is so often, and for so many, a futile quest for a truly happy life...This is a simple, **practical guide** for anyone who’s searching for that elusive state called **true happiness.**”

John McGrail, Ph.D.

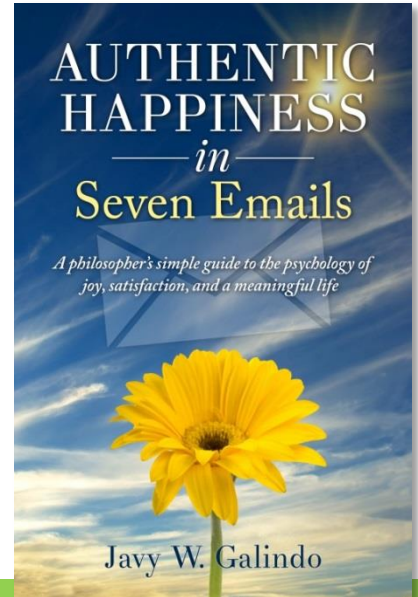
Therapist and author of *The Synthesis Effect*

“The discoveries contained herein will make an essential addition to the toolbox, of not only mental health clinicians, but to any individual who seeks the **essentials of a happy life.**”

Donald Lynch, Ph.D.

Professor of Psychology at Unity College

Coming June 2014



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